



Workout Plan

Your Workout has been successfully Created. We Hope this plan suits your requirements dear Client

Please note that the Workout Plan has been prepared by our Model is now in good condition.

Meal

Hello! We are GymPlus Workout Model and we are happy to tell you that your Workout list is ready.

Upper Chest Focus

1. ****Incline Bench Press****

- Sets: 3

- Reps: 8-12

- Rest: 60-90 seconds

2. ****Incline Dumbbell Press****

- Sets: 3

- Reps: 10-15

- Rest: 60-90 seconds

3. ****Incline Chest Flyes****

- Sets: 3

- Reps: 12-15

- Rest: 60-90 seconds

4. ****Incline Push-Ups****

- Sets: 3

- Reps: Till Failure

- Rest: 60 seconds

Basic Exercises for Other Major Muscles

Back

1. ****Pull-Ups/Chin-Ups****

- Sets: 3

- Reps: 8-12

- Rest: 90 seconds

2. ****Bent Over Rows****

- Sets: 3

- Reps: 10-12

- Rest: 90 seconds

3. ****Lat Pulldowns****

- Sets: 3

- Reps: 12-15

- Rest: 90 seconds

Shoulders

1. ****Overhead Press****

- Sets: 3

- Reps: 8-12

- Rest: 60-90 seconds

2. ****Lateral Raises****

- Sets: 3

- Reps: 12-15

- Rest: 60 seconds

3. ****Front Raises****

- Sets: 3

- Reps: 12-15

- Rest: 60 seconds

Biceps

1. ****Barbell Curl****

- Sets: 3

- Reps: 10-12

- Rest: 60 seconds

2. ****Dumbbell Hammer Curl****

- Sets: 3

- Reps: 12-15

- Rest: 60 seconds

3. ****Preacher Curl****

- Sets: 3

- Reps: 8-12

- Rest: 60 seconds

Triceps

1. ****Tricep Dips****

- Sets: 3

- Reps: 10-12

- Rest: 60 seconds

2. ****Tricep Pushdown****

- Sets: 3

- Reps: 12-15

- Rest: 60 seconds

3. ****Overhead Tricep Extension****

- Sets: 3

- Reps: 10-12

- Rest: 60 seconds

Core

1. ****Plank****

- Sets: 3

- Duration: 1-2 minutes

- Rest: 60 seconds

2. ****Leg Raises****

- Sets: 3

- Reps: 15-20

- Rest: 60 seconds

3. ****Russian Twists****

- Sets: 3

- Reps: 20 twists

- Rest: 60 seconds

Legs

1. ****Squats****

- Sets: 3

- Reps: 10-15

- Rest: 90 seconds

2. ****Leg Press****

- Sets: 3

- Reps: 12-15

- Rest: 90 seconds

3. ****Hamstring Curl****

- Sets: 3

- Reps: 12-15

- Rest: 90 seconds

We hope the Workout helped you to achieve your goal.





Disclaimer: Maintaining a healthy lifestyle requires a balanced approach that encompasses several key elements, At the foundation is a nutritious diet rich in whole, unprocessed foods - plenty of fresh fruits and vegetables, lean proteins, whole grains, and healthy fats.

